



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Group Exercise Schedule Siskiyou Family YMCA Thanksgiving Week

| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                           | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Thursday                                                                                                       | Friday                                                                                                                                                                  | Saturday                                                                                                                                                                                                                               |
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| <p>5:30—6:30AM<br/><b>Mossa Ride</b><br/>Angela Martinez</p> <p>9:15– 9:45AM<br/><b>Gentle Gentle Yoga</b><br/>Video</p> <p>10:00-11:00AM<br/><b>Fit for Life</b><br/>Jen Higelin</p> <p>11:15 AM-12:00PM<br/><b>Sit &amp; Fit</b><br/>Jen Higelin</p> <p>12:15-12:45PM<br/><b>Noon Circuit</b><br/>Heather Halverson</p> <p>1:00-1:45PM<br/><b>Active Striders</b><br/>Self-led class</p> <p>5:30-6:30PM<br/><b>PiYo</b><br/>Kellie Perkins</p> | <p>7:45-8:45AM<br/><b>Yoga</b><br/>Kellea Cooper</p> <p>9:00-10:00AM<br/><b>Strength &amp; Resistance</b><br/>Heather Halverson</p> <p>10:00-10:45<br/><b>Wellness Circuit</b><br/>Heather Halverson</p> <p>11:00-12:00PM<br/><b>Gentle- Level 1 Yoga</b><br/>Video</p> <p>12:15-12:45PM<br/><b>Tuesday Tabata</b><br/>Chai Perlman</p> <p>4:20pm-5:25pm<br/><b>Mossa POWER</b><br/>Akemi Dean</p> <p>5:30-6:30PM<br/><b>Power Yoga</b><br/>Akemi Dean</p> | <p>5:30-6:30AM<br/><b>Flex and Flow</b><br/>Angela Martinez</p> <p>8:00-9:00AM<br/><b>Yoga</b><br/>Lenita Higgs</p> <p>9:15– 9:45AM<br/><b>Gentle Gentle Yoga</b><br/>Video</p> <p>10:00-11:00AM<br/><b>Fit for Life</b><br/>Jen Higelin</p> <p>11:00AM-12:00pm<br/><b>Chair Strength and Stretching</b><br/>Heather Halverson</p> <p>12:15-12:45PM<br/><b>Bootcamp</b><br/>Heather Halverson</p> <p>1:00-1:45PM<br/><b>Active Striders</b><br/>Self-led class</p> <p><b><u>YMCA is Closing at 2PM</u></b></p> |  <p>Happy Thanksgiving!</p> | <p>8:00-9:00AM<br/><b>Yoga</b><br/>Lenita Higgs</p> <p>9:15– 9:45AM<br/><b>Gentle Gentle Yoga</b><br/>Video</p> <p>12:15-1:15PM<br/><b>Level 1-2 Yoga</b><br/>Video</p> | <p>8:30am-9:30am<br/><b>Mossa POWER</b><br/>Akemi Dean<br/>&amp; Natalie Quinn</p> <p>10:00-11:00AM<br/><b>Sunrise Yoga</b><br/>Akemi Dean</p> <p>Join us in walking the<br/>Holiday Parade!<br/>Call 842-9622 for<br/>information</p> |

# Fitness Class Descriptions

**BARRefusion-** A Barre Fusion class is a workout done at the ballet barre formatted to be heart pumping. This workout is designed to increase your cardiovascular strength while helping you to tone, sculpt, and lengthen your muscles from head to toe.

**Bootcamp**—This class is designed to get you into your best shape. Combining activities of agilities, resistance training, speed drills, core strength, and endurance challenges.

**Chair Strength and Stretching-** Exercises utilize strength building, resistance training, coordination and balance. All can be done while seated. But modifications are given for standing or disabilities. Seated Exercises

**Fit for Life** —Develop and maintain a physically independent lifestyle and enhance your ability to perform activities of daily living by building sufficient muscular and cardio fitness. Class includes low impact aerobics, weight-bearing and lower body exercises and abdominal work. Geared to the “above 39” age group.

**Noon Circuit** —This class combines strength and conditioning exercises in a circuit and /or interval format. You will increase your muscular strength and endurance using weight machines, free weights, and body bars.

**PiYo-** PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga and, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

**POWER-** Group Power will enable you to attract an extremely wide audience into group fitness – all ages and all experience levels, men and women alike. Its athletic, highly effective, and authentic strength training method makes it appealing to men, and it’s a fantastic feeder into personal training, since many exercisers may be introduced to a barbell and plates for the first time.

**POWER YOGA-**Turn stress into sweat. This signature class strengthens, balances and detoxifies your entire body and mind as you move through more challenging postures and connected breath. Set to an energizing playlist, you’ll power up your yoga practice like never before

**SPIN-** Take our spin classes and pedal your way to great health. Combining energizing music with unique workouts, spin exercise classes deliver a great fitness workout with powerful results, including cardiovascular strength, lower total cholesterol, decreased stress and improved quality of life.

**Sit and Be Fit-** This class is designed to achieve a total body workout of aerobic strength, and flexibility training through the use of a chair and stretch bands. A majority of the class will be conducted while seated in the chair with additional exercises in the standing position. Balance, coordination, and core strength will also be covered.

**Total Body Fitness**— In this class you will be exposed to cardio intervals, free weights, floor drills, and core strengthening. This class will guarantee you a calorie burn.

**WARRIOR Rhythm**—Fitness-focused with yoga undertones, WARRIOR Rhythm™ increases strength, flexibility, and balance. It’s yoga + weights + HIIT + mindfulness rolled into one insanely rhythmic experience! Grab a yoga mat, and weights and get ready for unconventional yoga flows and unforgettable playlists designed to unleash your inner wild thing!

**WARRIOR Strength**—Cardio + Lifting, WARRIOR Strength™ is for all levels and all types who want to sweat and feel their muscles burn! With 30 and 60 minute options, playlists that literally rock, and original formulas WARRIOR Strength is a one-of-a-kind endorphin rush!

**WARRIOR Revolution-** Musicality meets cycling with energetic, diverse playlists that feel like a dance party on a bike! WARRIOR Revolution’s intelligent programming is guaranteed to motivate you through rolling hills, flats, and climbs. This low-impact class can be as intense as you want!

**Y-Fit**—Y-Fit is a strength and conditioning program that will consist of moves that are constantly varied, high intensity, and functional. The workouts in this class will be intense and will demand an all out physical exertion.

**Yoga** -Yoga provides many benefits as students are guided through various asanas, or postures, designed to improve alignment, strength, balance and promote flexibility in the body. Additionally, pranayama (breathing practice) is taught to help calm the body, mind and spirit.